

## Pool Safety Laws

- NYS Building Code regulations require that all residential swimming pools installed, constructed or substantially modified after 12/14/06 be equipped with an approved pool alarm.
- All pools must be surrounded by a fence that is at least four feet high with a self-closing and self-latching gate.
- Gates must be self-latching. The latch must be inside the pool area and at least 40 inches above the ground. The gate should be locked when the pool is not in use.
- Lifesaving devices and a first aid kit must be kept near all pools.

## Learn CPR

Cardiopulmonary resuscitation (CPR) saves lives. If you perform CPR on a drowning victim while waiting for an ambulance to arrive, you might save a life or greatly improve the outcome for that victim.

To become certified in cardiopulmonary resuscitation (CPR), contact Suffolk County Department of Health Services at **631-853-5800** for dates and locations of classes.

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## Pool Safety Tips



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## Suffolk County Department of Health Services Tips To Prevent Drowning

# Pool Safety



## Did You Know?

- Ten people die from drowning each day in the United States.
- Many children drown in backyard swimming pools and in small kiddie pools.
- Children between ages one and four are most at risk for drowning.



- Most young children who drown have been out of their parent's sight for less than five minutes.

- Three out of ten deaths in children aged

one to four are caused by drowning.

- For every child who dies from drowning, another four are rushed to the emergency room for near drowning.
- When victims nearly drown, their brains are deprived of oxygen, which can cause damage. Brain damage can affect a person's ability to function.

## Drowning Prevention

- Children can drown in just a few inches of water.
- A child younger than five years of age should **always** be within arm's reach when in or near water.
- Teach older children to always swim with a buddy, never swim alone and don't push or jump on others.
- Never leave children of any age alone in or near the water. A tragedy can occur within seconds. If you must leave, even for a second, take your children with you.
- Children who drown, often slip under the water without making any noise. Be watchful **all** of the time.
- When the pool is not in use, take toys out of the pool to remove temptation.
- Empty your pool cover.
- Keep a first aid kit stocked and available near the pool.
- Teach children how to dial 9-1-1 and how to get help in an emergency. Make sure children know their address.
- Learn to swim. The best thing anyone can do to stay safe in and around water is to learn to swim.



- Obtain certification in cardiopulmonary resuscitation (CPR).

## Other Dangers

Thunder? Lightning? Get out of the pool to avoid being struck.

## What To Do If You See Someone Drowning

- If the water is shallow, pull the victim to safety.

In deep water:

- If a victim is within reaching distance, assist her by extending something long, such as a rope, a pole or a noodle.
- If a victim is within towing distance, throw him a floatable object, such as a life jacket or a ring buoy attached to a line.
- If you must enter the water to assist someone, take a flotation device large enough to carry two people safely. Keep the device between you and the person in distress. Even a child can put an adult at risk in deep water.
- Call 9-1-1. It is a good idea to keep a cordless phone in the pool area in case of emergency.
- Once the victim is out of the water, if he is not breathing, perform CPR. Do so only if you are certified.